Safety and Health Awareness

Events Calendar



Monday, April 13 Safest Bureau/Office Inspection Contest Begins! Ends May 8

Thursday, April 16 DOI's Untapped Resource: The EAPs & How They Can Help

Room 7000 A & B MIB from 1 - 2 PM

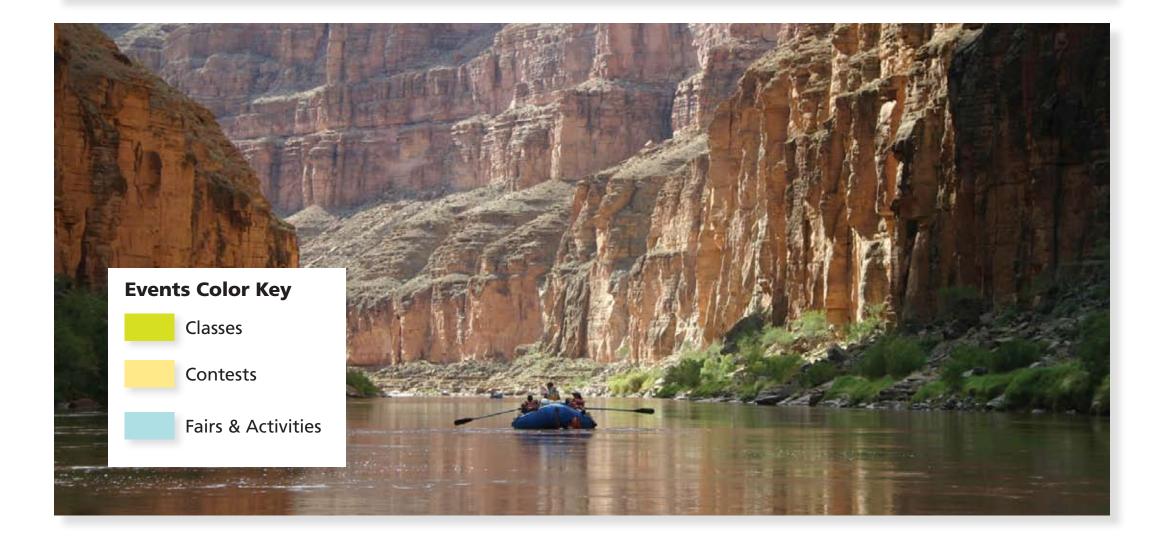
Monday, April 20 Find the Hazard Contest Begins! Ends May 15

Wednesday, April 22 Helpful advice for those caring for their elders

Room 7000 A & B MIB from 12 Noon - 1 PM

Wednesday, April 29 Men's Wellness Room 7000 A MIB from 12 Noon - 1 PM

Thursday, April 30 Blood Drive SIB Auditorium American Red Cross





Tuesday, May 5 Money Management - Simple steps in challenging times Money Mgmt. Inc. – 11:30 AM - 1 PM, North Penthouse MIB

Thursday, May 7 10 Steps to Emotional Resiliency by Mitre Corp. EAP 11:30 AM - 1 PM, North Penthouse MIB

Friday, May 8 Last day of the Safest Bureau/Office Inspection Contest

Thursday, May 14 Eat Healthy, Eat Local Presentation by "Edible Chesapeake" with tastings 12 Noon - 1 PM, SIB Auditorium

Friday, May 15 Last day of *Find the Hazard* Contest

M - F, May 18-22 Gym MIB open all week to all employees Aerobic classes, cardio machines & basketball court are at your disposal

Tuesday, May 19 Tai Chi Class Try this FREE class 11:30 AM - 12:30 PM on the roof of the South Penthouse MIB, or in the Gym if weather does not permit

Safety Fair 10 AM - 2 PM, SIB Auditorium

Mammovan at GSA E Street curb

Wednesday, May 20 Health Fair 11 AM - 2 PM, SIB Auditorium, 15 exhibitors

Take the Stairs Day

Thursday, May 21 Secretary's Safety Awards Ceremony